



MEDEL nurses visit Honduran peers to provide training, share ideas

Photos and story by Spc. Jon Christoffersen
Iguana Editor

Nurses from Soto Cano's Medical Element, along with nurses from Fort Sam Houston, Texas visited Tegucigalpa recently to share some knowledge with their Honduran counterparts as part of the Honduran Armed Forces Nurse Enhancement Program.

"This (program) was important because as we MEDEVAC many of our trauma patients to Hospital Militar in Tegucigalpa it's critical that both the nurses at MEDEL and our Honduran military nurse counterparts are aware of the principles of care used in each country," Lt. Col. Clark, chief nurse at MEDEL said. "This program assisted the professional development of the nurses and the development of appropriate infrastructure that supported the needs of the Honduran military nurses and enhanced our access and relationship with their systems."

From airway management to treating a burn patient, the nurses gave classes to the Honduran peers.

"Teaching here forced the U.S. nurses to translate what they know about caring for a patient to a different culture with different equipment," Clark said.

For Capt. Angela Quintanilla, certified registered nurse anesthetist at MEDEL, the airway management class she conducted gave her the opportunity to improve her own skills while teaching others.

"I've taught classes before, but never on an international level," Quintanilla, a 10-year soldier, said. "This experience helped me improve my teaching skills."

She said the program gave her the opportunity to not only teach others, but also learn more about the Honduran way of doing things, which, according to Clark, is one of the purposes of the program.

"Honduran hospitals don't have all the 'gee whiz,' high-tech equipment that is standard issue in most Army hospitals," Clark said. "It's great preparation for working in a moderately austere medical environment and really promoted innovative thinking for the nurses in terms of 'how can I best use the equipment and supplies that I have on hand?'"

Quintanilla said even though there was the language barrier, overcome by the translations of the MEDEL Medical Liaison Officers, she feels both parties learned a lot.

"I have a greater appreciation for the level of nursing they provide here," Quintanilla said. "They



Capt. Angela Quintanilla, certified registered nurse anesthetist at Soto Cano Medical Element, assists a Honduran nurse during the hands-on portion of the airway management class she instructed. The nurses had the opportunity to practice intubation techniques on the mannequin head MEDEL brought with them to the classes.

(Honduran nurses) asked very in depth questions ... they were very excited to get some hands-on training."

Clark said that this portion of the program was very successful and there are plans to send Honduran nurses to the U.S. in the future.

"It gave all of us a great forum for exchanging ideas, experiences and discussions about the profession of nursing," Clark said.



Capt. Christy Neill, staff nurse for surgical intensive care at Brooke Army Medical Center, Fort Sam Houston, Texas, is given a tour of the prenatal intensive care unit in a hospital in Tegucigalpa. The nurses toured the facilities of two different hospitals to see the type of equipment their Honduran counterparts work with every day.

Legal can help with
taxes, Page 3

Health fair held in
DFAC, Page 4

MWR offers ways to es-
cape, Page 5

Fire Dawgs move in to
new house, Page 8

Commanders' Corner

Opportunity to improve mind and body missed by many JTF-Bravo members

By Maj. Nancy Saddler
Preventive Medicine

The Dining Facility Annex was transformed into a center of health information Feb. 26 when Soto Cano Medical Element and other base organizations gathered for the JTF-Bravo Health Fair.

The health fair was designed to raise the awareness of things personnel can and should avoid because of the adverse affects on their own personal health. Preventive medicine is a viable, cost-saving, and effective way to obtain the ultimate goal of force protection for service members. Health education, information sharing and screening are just some of the valuable tasks that are easily achieved through events like a health fair.

However, attendance at the health fair was low and only 109 people signed in. Of the 109, 23 were not military, which results in an even lower amount of participation from our active duty target audience. So why did only about 80 service members show up at the Health Fair? MEDEL wants to know. The health fair was a great opportunity to make new choices, get a new lease on life and venture into the health promotion world. If all 575 JTF-Bravo personnel had processed through the health fair, we could have had more chances to identify individuals who may be suffering from silent health conditions that could cause massive strokes or a heart attack, or both.

What did you miss if you didn't attend the health fair? A total of 21 tables were set up and manned by MEDEL, base safety, chapel, morale welfare and recreation and the education center to interact with, educate and answer questions about the following topics:

- Men's and women's health
- STD's and HIV
- Safe food handling

- Dental health
- Medications, Diabetic information
- Fitness, alcohol, safety and leading a tobacco-free lifestyle
- Operating room nursing, stress, depression and spiritual renewal

Active duty military members were also able to get their blood drawn to measure their cholesterol levels and all attendees had the opportunity to have their blood pressure and blood sugar levels checked. Personal health promotion is up to the individual. It's cheaper to keep active duty members healthy now rather than putting them on life support in a Department of Veterans Affairs hospital later as they lie dying from tobacco use. Or, perhaps you are one among those who don't know how to handle stress in a positive way, which can cause more fat to stick to your arteries, increases your chances of hypertension and makes you conglomerate fat in areas of your body that promote diseases such as diabetes. You are the master of your destiny. You can make the right decision to choose habits and a lifestyle that improves your health and quality of life. Make living more fulfilling, interactive and rewarding by making healthy choices or you can choose to be fat, miserable, unhappy, stressed, and work hard to make your life as short as possible.

Unfortunately, there are times that we put more energy and emphasis on "pumping up" our outside physical appearance rather than focusing on our inner body. You are the one who must choose what goes into your body. Is it really easier to grab a fast food burger loaded with tons of fat grams, risking clogging our arteries than choosing vegetables, salads and fruit? That bag of chips is a great way to overload your system with sodium and fat. The daily allowance for sodium is 2,500 mg ... check out the food label on a bag of chips before you eat it. There's almost a day's supply of sodium in one small bag of chips.

But why should it matter you ask? We are young, healthy, energetic and we can

See **Health**, Page 7

Chaplain's Corner

Military breaking down barriers

By Chaplain (Lt. Col.) Gary A. Pendrak
JTF-Bravo Chaplain

America, along with other nations of the world, has experienced times of great turmoil as a result of racial prejudice. Many people have gone to jail because of their stand against this social evil.

In many ways, the military has taken the lead in ending prejudice. I remember going to a reunion of the "triple-nickel," the 555th Airborne Infantry Regiment. It was an all black unit in World War II.

When I entered active duty, the majority of the troops in the battalion were black, the battalion commander was black and all the other officers were white. No racial tensions there.

We are not perfect. There is a lot of room to grow. But we have come a long way. Maybe even a lot more quickly than we realize.

The people of Jesus' time might well have viewed him as one who broke down age-old racial and social prejudices. In the Book of John it says, "A woman of Samaria came to draw water at a well. Jesus said to her, 'Give me a drink.'" [John 4:7]

Here we see Jesus talking to a woman in public.

So what you say? Well, I guess today, with all that we have endured from the bad publicity of televangelists, a religious person speaking to a woman in public doesn't seem so bad. But in Jesus' time, it was terrible. Such a breach of social and religious custom could cost a rabbi his reputation. In those days, a rabbi wouldn't even speak to his own wife or daughters in public. To make matters worse, this woman was

a Samaritan and there was a long-standing bitter animosity between the Jews and the Samaritans. Even more striking was the fact that she had an immoral past.

But Jesus was not deterred by these prejudices. He had come to earth to destroy barriers. He would follow the most extreme course of love; he would break down the enormous barrier of human sin that separated us from God.

Are there barriers in our hearts that keep us from reaching out to people because of racial, social or even religious prejudices?

If so, we need to ask for God's help. Breaking down these barriers should be one of the marks of those of us - who once were far off, but now are near - to God.

Remember: Some convictions are really nothing more than stupid prejudices.



The Iguana

EDITORIAL STAFF
JTF-Bravo Commander
Col. Michael Okita

Public Affairs Director
1st Lt. Richard Komurek

Superintendent
Tech Sgt. G.A. Volb

Editor
Spc. Jon Christoffersen

Photo technician
Martin Chahin

E-mail: pao@jtfb-emh1.army.mil

Website: <http://www.southcom.mil/home/jtfbravo>

This funded, joint U.S. Air Force/Army newspaper is an authorized publication for members of the U.S. military overseas. Contents of The Iguana do not necessarily reflect the official view of, and are not endorsed by, the U.S. government, Department of Defense or the departments of the Air Force or Army.

Content is edited, prepared and provided by the Joint Task Force-Bravo Public Affairs Office, APO AA 34042, in Building D-06. Telephone numbers are 011-504-234-4634, ext. 4150 or 4676. Fax is ext. 4550. or DSN 449-4150/4676. Readers with story ideas should call the Public Affairs office. All photographs are property of JTF-Bravo unless otherwise noted.

PRINTED BY PUBLYN SA

Tax season

Legal office offers stress relief

By Tech Sgt. G. A. Volb
Public Affairs Superintendent

The JTF-Bravo legal office is offering a stress buster this tax season, with electronic filing services now underway.

According to Staff Sgt. Robin Thompson, NCO in charge of the legal office, service members can receive tax advice and free electronic filing at the legal office. Available for filing federal returns only, members will still be required to prepare their state returns.

There are other restrictions that apply to the program too. Returns with Foreign Earned Income Exclusion cannot be electronically filed.

Every claim for an exemption or deduction must have supporting documentation. And the military, as a policy, does not assist individuals who wish to file Schedule "C," which is the profit/loss statement for a personal business.

The good news, however, is even those prohibited from filing electronically can benefit from advice offered by the legal staff free of charge.

"The benefits of using this service are obvious," she said, "it's free. You don't have to buy professional tax software, and you don't have to pay someone to prepare

your returns."

She said, depending on the complexity of a return, the taxpayer could be saving \$50 to \$150.

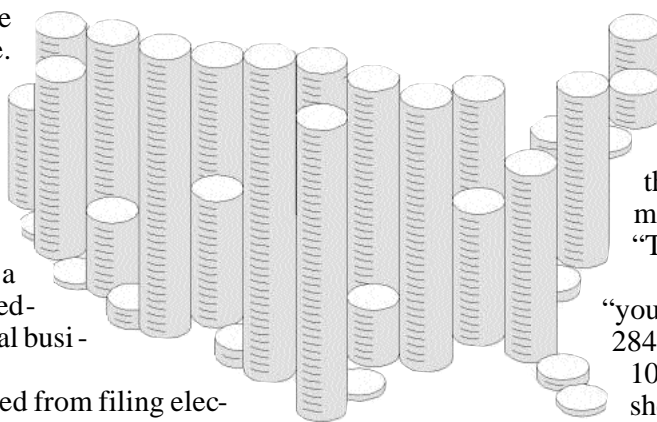
For those looking for more specific information this season, she said the Internal Revenue Service operates a web page, www.irs.gov, with numerous options concerning filing.

"They have downloadable forms, and other publications on line, plus links to other 'e-filing' providers such as H&R Block and Quicken," said Thompson. "The latter is a free service offered to those with an adjusted gross income under \$25,000."

"If you want to use our services, you have to read the information on the JTF-Bravo webpage before you make an appointment to do your taxes," she emphasized. "The posted information has a lot of guidelines."

For example, if you plan to file married-filing-jointly, "you must have a power of attorney or a completed IRS Form 2848," said Thompson. "And if you're filing using Form 1040A or 1040, you have to complete a tax preparation worksheet ahead of time. It's important since it'll offer advice on documentation you'll need for any claims made."

Tax season ends April 15, but the legal office will continue providing tax services until June 15.



Tax law changes may bring larger refunds

By Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON — Changes to the earned income tax credit law may put some extra money in the pockets of some military people and their families when they file their 2002 federal income tax returns next year.

The EITC is a tax credit for people whose earned income is below a certain annual threshold. The credit reduces the amount of tax a person owes and may give the person a large refund.

These tax law changes are not effective until tax year 2002. Currently, certain nontaxable and deferred employee benefits (such as military employee basic housing and subsistence allowances, combat zone compensation, and employee contributions to the Thrift Savings Plan) are counted as

earned income. For tax year 2002, the earned income of a wage earner will be figured solely on compensation that is taxable in 2002.

This means that most military personnel who currently claim the EITC will be entitled to a larger credit next year. It also means that some persons who have not been able to claim the EITC because their earned income was too high will be able to claim it when they file their returns next year.

To be eligible for the EITC this filing season (tax year 2001 returns), earned income and modified adjusted gross income must both be less than \$28,281 for people with one qualifying child, less than \$32,121 for people with more than one qualifying child, and less than \$10,710 for people with no qualifying children.

The taxpayer also cannot have investment income greater than \$2,450.

There are a number

of other requirements. For example, people whose filing status is married filing separately are not eligible for the EITC. There is also a residency requirement. For purposes of the EITC, U.S. military personnel stationed overseas on extended active duty are considered for tax purposes to live in the United States during that duty period.

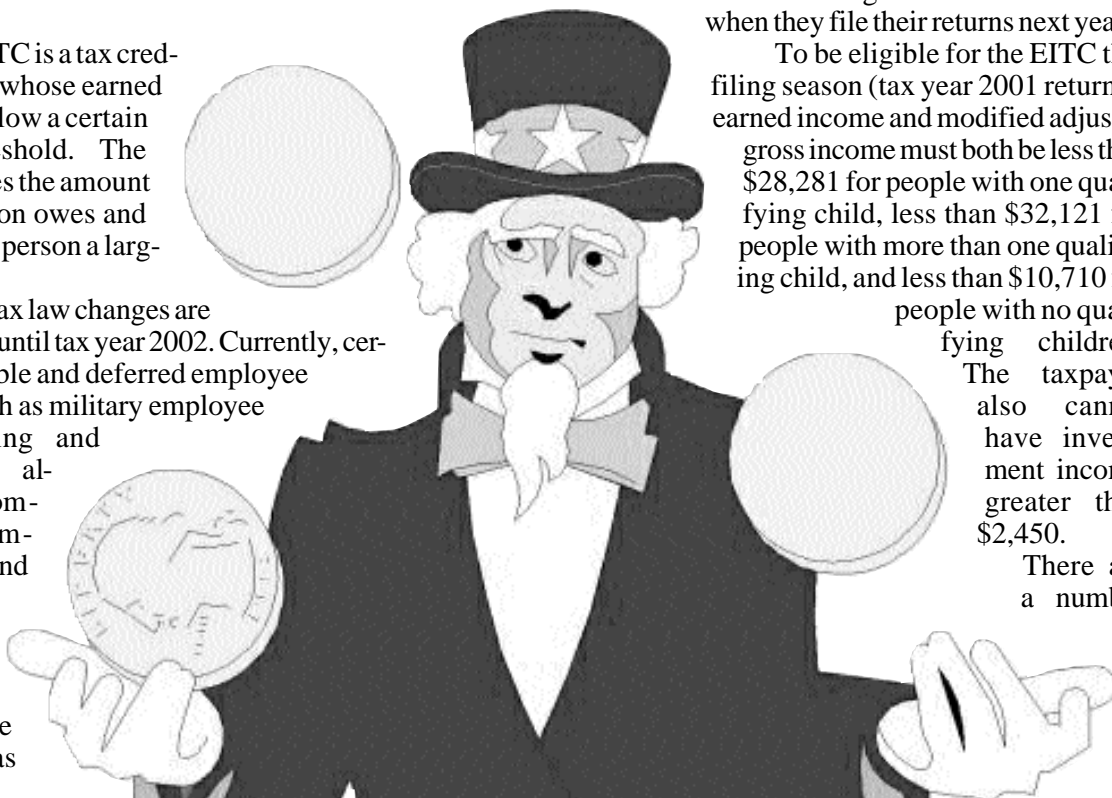
Congress established the program in 1975 to offset the impact of Social Security taxes on low-income families, IRS officials said.

It was also meant to encourage low-income individuals with families to seek employment rather than welfare.

Besides the change in the calculation of earned income, the law makes several other changes to the EITC for tax years beginning in 2002. Of particular interest to military personnel are the changes pertaining to qualifying children, particularly the tie-breaker rule. The tie-breaker rule determines who can claim the EITC on the basis of a particular child, who is a qualifying child of more than one person.

Other changes for tax year 2002 include permitting people who file joint returns to earn an additional \$1,000 and still get the credit; substituting adjusted gross income for modified AGI when limiting the amount of EITC for certain persons with more complex tax returns; and, for certain higher-income persons, eliminating the reduction of the EITC by the alternative minimum tax.

For more information on the EITC, contact local Internal Revenue Service officials or go to the IRS Web site.



Got cholesterol ?

Health fair gives servicemembers chance to improve well-being

Photos and story by Spc. Jon Christoffersen
Iguana Editor



Capt. Kyle Patterson, Soto Cano Medical Element Operations officer in charge, attempts to walk while wearing the 'beer goggles'. The goggles are designed to simulate a person's ability to walk after having too much to drink.

Your government vehicle get checked every week, but when was the last time your body got a PMCS?

The MEDEL staff joined together with the morale welfare and recreation office, the education center, base safety office and the chapel to offer a wide variety of health, wellness and safety information all in one convenient stop. The Dining Facility Annex was the place Feb. 26, 9 a.m. - 2:30 p.m., for a health fair.

Subject matter experts were available at numerous stations to answer questions. This included physician assistance, registered nurses, licensed practical nurses and medics.

"We are here to serve and educate (people) about how to improve personal health and fitness while enjoying life at the same time," Maj. Nancy Saddler, Preventive Medicine, said.

Individuals who visited the fair had the opportunity to get their blood drawn for a cholesterol test, blood pressure tested and got to wear some "beer goggles." The goggles have thick, dark-tinted plastic lenses which is meant to simulate a person's vision when drunk. Attendees learned about safe eating practices to prevent food borne illnesses, safety updates, weight control and nutrition, healthy dental practices, fad diets, information about MWR trips, and many other useful tips.



1st Lt. Noelle Flynn, EMT nurse, Soto Cano Medical Element, prepares to take the blood pressure of Lt. Col. Barrington Nash, MEDEL commander, during the health fair held Feb. 26 in the dining facility annex. Numerous stations were set up to gauge attendees health and provide education about health risks, safety as well as spiritual well being.

"The ultimate goal of this health fair is force protection of service members," Saddler said. "Prevention is a viable, cost-saving, and effective means to obtain this goal."

Taking the time to care for one's health is the difference between living a healthy quality of life and surviving just to get through the day in total exhaustion.

Soto Cano has water safe to drink

By Sgt. Christopher Paye
Preventive Medicine

Water quality is a very common concern among soldiers while deployed overseas, especially while serving in a developing country. The following information should answer any questions about the safety and quality of the drinking water on Soto Cano Air Base.

You may wonder why the water is safe to drink on base. All Army installations, to include overseas installations, are required to comply in accordance with Section 1447 of the Safe Drinking Water Act. This act requires installations adhere to the most stringent of standards for water quality.

Most everyone has heard the term "hard water." This term refers to that funny taste you may or may not experience when drinking the water. This is due to the chemical composition of minerals and hardness, which causes that peculiar taste and clarity. As water passes through the pipes it is oxygenated, causing the clarity of the water to have that cloudy appearance. This is very common even throughout the United States and is not a concern for the quality of the water.

Water coolers are also safe to use, however, like

all equipment used in the military, proper maintenance and cleaning is mandatory. Recommended procedures for cleaning such equipment will be provided in this article.

Precautionary measures soldiers need to take while on post are simple. If you suspect that there is a problem with the water, contact preventive medicine immediately. We will test the water and be able to inform the command if there is a problem within 24 hours. Water quality standards differ throughout the entire world; therefore, water off base is not treated like the water on base. The current guidance is to avoid drinking water off base for this reason; this is to include any beverage containing ice.

Preventive medicine and DynCorp are responsible for

"All Army installations, to include overseas installations, are required to comply in accordance with Section 1447 of the Safe Drinking Water Act"

Sgt. Christopher Paye
Soto Cano Preventive Medicine

monitoring the quality of the water on base. This is done by daily testing for pH (acidity-alkalinity), chlorine and temperature. Weekly testing for bacteriological contamination and monthly testing for periodic spot checks. We also test quarterly for volatile organic compounds and yearly for certain metals that are bad for people in drinking water. These tests ensure the safety and quality of the water on a continuous basis.

The current success rate for the quality of the water is 100 percent. All water comes from the water treatment plant on post. This water is transported through pipes, which is also monitored by the Center for Health Promotion and Preventive Medicine (CHPPM). CHPPM conducts yearly certifications in order to ensure the quality of the water is maintained.

The next time a servicemember draws a glass of water from the base water system, they can rest assured that preventative medicine is working hard to ensure it is safe.

MWR TRIPS

Bay Islands offer chance to escape

By Robin Gonzalez
MWR Manager

So much more than the best diving in the Caribbean, the Bay Islands of Honduras offers a wide variety of sights, sounds, and experiences.

Located just a few miles off the north coast of Honduras, the Bay Islands are part of the second largest barrier reef in the world; only Australia's Great Barrier Reef is bigger.

The three major islands of Roatan, Guanaja, and Utila offer a very different world from mainland Honduras. Christopher Columbus reached Guanaja, also known as Bonacca or Guanahani, on his fourth and final voyage to the New World in 1502.

The Spanish settled the Bay Islands, particularly Roatan, in the mid-16th century and brought with them Indians from other Caribbean islands to work as slaves. The first Garifuna (a mixture of African and indigenous people) settlement was established on Roatan in 1767 and continues to this day.

In the 1840s, the British, who then controlled Belize, extended their reach to the Bay Islands and the Mosquito Coast.

This control lasted only 20 years, but gave the islands a unique heritage; the most notable being that English is so widely spoken that many islanders do not

even speak Spanish despite the fact that Spanish is the official language of Honduras.

Even with the common language and heritage, each Bay Island offers visitors something different. Utila, the smallest and flattest island, is home to the very rare American flag lizard, with its distinctive red, white, and blue skin under the chin, and it is one of three amphibians found nowhere else in the world. Also unique to Utila's waters is the world's largest fish, the whale shark, which reaches lengths of 40-60 feet and has only been spotted by about 320 people since 1986! Guanaja, the second largest island, is the only one mountainous enough to have a true river and scenic waterfall and Bonacca, the capital, is a 17-acre stilt village situated in a lagoon, not on the island itself.

Because of its mountainous terrain and size, 12 by 4 miles, Guanaja has no roads and the only way to get around is by motorboat, kayak, horseback, or by foot.

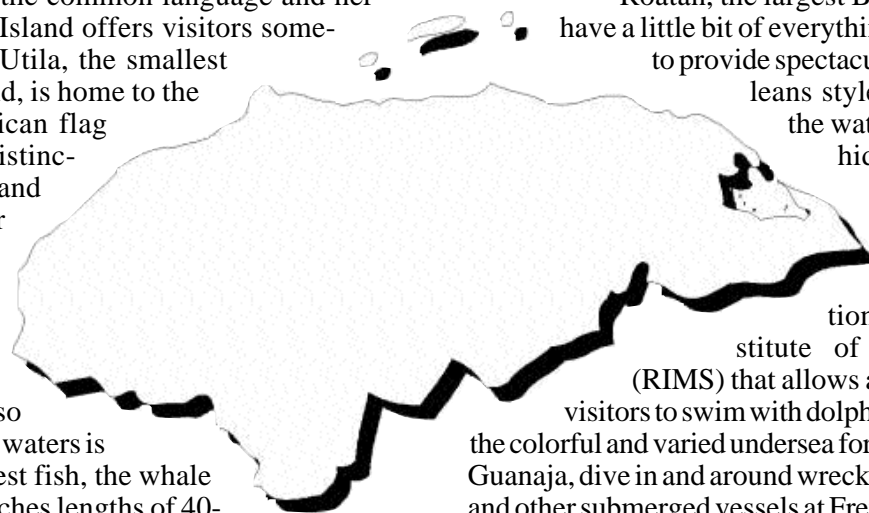
This lack of roads makes Guanaja the "quietest" Bay Island.

Roatan, the largest Bay Island, seems to have a little bit of everything; hills tall enough to provide spectacular views, New Orleans style homes built over the water, roads leading to hidden, white sand beaches, and more.

One of the most popular tourist destinations is the Roatan Institute of Marine Sciences (RIMS) that allows a limited number of visitors to swim with dolphins. After exploring the colorful and varied undersea formations at Utila and Guanaja, dive in and around wrecked Spanish galleons and other submerged vessels at French Harbor and other Roatan locations.

The Honduran Bay Islands offer something for everyone; diving and snorkeling, swimming with the dolphins, hiking to isolated waterfalls or sandy beaches, enjoying the peace and quiet, or partying the night away. Utila, Guanaja, and Roatan are just a short flight and another world away from Soto Cano.

So why not let MWR send you on your way to an experience of a lifetime: the Bay Islands of Honduras!



MWR offers many trips to fit everyone's tastes

There are many trips to many different locations offered through Soto Cano Morale Welfare and Recreation office. For more information on any trips, contact MWR at ext. 4268

General information:

- Trips offered on weekends, but may be scheduled at any time during the week.
- Minimum number of participants for a MWR trip is five with a maximum of nine per van.
- 44 passenger buses only used on special occasions and then only for very short distances (i.e., Lake Yojoa, Tegucigalpa airport, etc.).
- Deadline for sign up for trips is 3 p.m. Wednesdays. Trips are cancelled 9 a.m. Thursdays if the minimum number has not been met.
- MWR Tour Guides provided free of charge on trips to Copan and Siguatepeque and, as needed, to Valley of Angels.
- There is no cost for the MWR van and driver.
- Trips can be from four-day, three-night to one-day trips.

• Prices for hotels vary depending on hotel and number of room occupants. Deposits are required for hotels and airline tickets must be paid in full in advance.

- All MWR trips are available to JTF-B personnel and their families on leave in Honduras.
- Active duty and their dependents have priority. All other authorized JTF-B personnel are on a space available basis.
- All trips leave from the Contracting Parking lot and at the scheduled time. (This is especially important when going to the airport.)

Day trips:

- The following are one-day trips and only cost what the participants want to spend on lunch, shopping, and/or entrance fees (i.e., waterfalls, Aurora Park, museums, etc.):
- Valley of the Angels: Honduran, Mexican, and Guatemalan handicrafts
 - Siguatepeque: Local crafts, meat, and produce markets
 - Villa Elena: Golf
 - Lake Yajoa: MWR Marina (sail boat, ski boats, kayaks, fishing) and

PULLAPANZAK waterfalls. (Customers pay for gas used in MWR Boats)

- Danli Cigars: Tobacco plantation and cigar making factory.
- San Pedro Sula: Shopping and sightseeing.
- Marcala: Includes breakfast and lunch, sightseeing, horseback riding, waterfalls, and more.
- Tegucigalpa: Museums, shopping, restaurants, bowling, etc.
- Park Aurora: Bike riding, swimming, picnic areas

Overnight trips:

These trips can be two days, one night up to four days, three nights. Costs are hotel, air, meals, and/or incidentals.

- Bay Islands (Utila, Roatan, Guanaja): Scuba diving, snorkeling, sightseeing, beaches, etc. (Note: Scuba certification dives are done at Utila)
- La Ceiba: Beaches, eco-forests, river rafting, shopping, etc.
- San Pedro Sula: Shopping, restaurants, museums, etc.
- Copan: Mayan ruins, museums, shopping, horseback riding, etc.

- Lake Yajoa: MWR Marina, fishing, waterfalls, etc.
- Marcala: Horseback riding, cultural exhibitions, hotel or camp, meals included, sightseeing, etc.

NOTE: Except for the Bay Islands and Marcala, these trips can be combined. Spend one night in San Pedro Sula and the next night(s) in Copan.



WTC survivor enlists in Air Force

By Airman 1st Class Amanda Currier
37th Training Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas — After escaping from the New York World Trade Center Marriott hotel minutes before it fully collapsed Sept. 11, a young woman decided to turn from actress to airman.

Many people's lives were altered Sept. 11, and Amy Ting's experience sparked her decision to step out of the spotlight and get in step with the Air Force.

Now Amy Ting is Airman Ting. After completing six weeks of mental and physical conditioning, she graduated Feb. 22 from Air Force basic military training here.

Ting is now at Sheppard Air Force Base, Texas, to complete technical training for medical duty as a physical therapist.

Before becoming an actress, the 23-year-old had three years of college under her belt as a pre-med student at Rutgers University in New Jersey. Nevertheless, she decided to trade a major in biology for a major movie role.

"It's not like you get acting jobs every day," Ting said, "especially a lead role."

The actress roped the lead role in "Miss Wonton" at 21 after answering a newspaper ad requesting Asian actors.

Throughout high school she participated in musical theater.

"It was fun, and I really started to like acting. When I got the lead role in 'Miss Wonton,' I didn't want to pass up my chance," she said. "It was kind of scary, giving up school and going for an unstable career like acting. You never know when the next movie is going to come along. It might not."

To fund her newfound acting career, Ting took a job at as a desk clerk at the New York World Trade Center Marriott. Working mornings at the hotel allowed her to attend auditions in the evenings.

When "Miss Wonton" made it big at the Sundance Film Festival and Switzerland's Locarno International Film Festival, Ting went "home" to Singapore to promote her movie. In the picture, she plays a young Asian immigrant who comes to the United States searching for the American dream.

"I went back to Singapore in August, and it was like I was Julia Roberts," she said.

After getting bombarded by the paparazzi in Singapore, the young actress said

she felt the publicity associated with an acting career was a bit too much for her. She decided to return to New York and try climbing the corporate ladder at Marriott.

Planning to discuss a management position with her boss, she went to the Marriott on Sept. 11 around 8:30 a.m. She was expecting to answer some questions and take a short test. What happened instead changed her life forever.

"I was right in the middle of the lobby when suddenly at 8:45 a.m. I started to hear a thundering sound coming down from above," she said. "I thought someone had dropped some heavy equipment or something. People began to run into the Marriott lobby from tower one, and Marriott guests started rushing downstairs from the second floor."

While most people fled, firefighters and police rushed into the lobby, and Ting stayed behind to help them. She made phone calls to summon additional help and brought water to thirsty firemen.

Then a fireman came running in from tower one yelling for everyone to evacuate. Ting said she did not run two steps before the hotel collapsed when the World Trade Center came tumbling down on top of it. Ting and a few others were blown into a corner of the building that had been reinforced after the 1993 World Trade Center bombing. They survived.

"During the few seconds that I was blown through the air, there was total darkness," she said. "All I could hear was debris falling. It was so scary because I thought I was going to die."

Desperately looking for a way out of the rubble, a fireman in the small group of survivors spotted blinking lights on a crushed fire truck outside. The group followed the lights and climbed over a mountain of debris to safety.

"After Sept. 11, my perspective on life changed," Ting said. "I have always wanted to help people, so I decided to go back to pursuing the medical field. I asked myself, 'What is the most honorable company to work for?'"

That is when she decided to work for the U.S. government. One day while walking through Times Square, Ting passed by an Air Force recruiting office and stopped in to see what it was all about.

"The more I learned about the Air Force, the more I wanted to be a part of it," she said. "Now when people say, 'Where do you work?' I can proudly say the Air Force."

'Mistaken identity cited in Fort Bragg shooting

By Spc. Kyle J. Cosner
Army Special Operations Command Public Affairs

FORT BRAGG, N.C. — An officer was killed and another soldier injured Feb. 23 in a training exercise near Fort Bragg when a sheriff's deputy shot them in what has been called "a tragic case of mistaken identity and fatal misunderstanding."

1st Lt. Tallas Tomeny, 31, was killed when Deputy Randall Butler from the Sheriff's Office in Moore County, N.C., shot him after an attempt to subdue him with pepper spray failed. Sgt. Stephen Phelps, 25, also shot by Butler during the incident, is listed in fair condition at First Health of the Carolinas in Pinehurst, N.C.

The two soldiers thought Butler was a participant in the training exercise known as "Robin Sage," said Col. Charles King, 1st Special Warfare Training Group (Airborne) commander, speaking at a press conference Feb. 26.

"All of us in the Special Warfare Training Group offer our sympathy and prayers to everyone affected by this tragedy, particularly the family of First Lieutenant Tomeny. We wish for a quick recovery of Sergeant Phelps and his success as a Special Forces noncommissioned officer and offer support to his family."

King said the use of local law enforcement in Robin Sage is not uncommon. The use of civilians allows for realistic portrayal of a native population during Robin Sage, which takes place in the notional country of "Pineland."

"Some of the auxiliary are in fact police officers," King said.

"At 2:30 p.m. that day they were pulled over by

Deputy Sheriff Butler, and in the ensuing confusion about what was role play and what was not, First Lieutenant Tomeny was shot and killed, and Sergeant Phelps was wounded," King said.

Exactly what happened between the two soldiers and the sheriff's deputy is still under investigation, King said.

"Clearly, in any action there is a cause," said King. "We have not yet determined what that was."

Robin Sage is the final phase of training for soldiers enrolled in the Special Forces Qualification Course, said King.

"It is the culminating exercise and represents their provisional qualification as a Special Forces soldier."

At the press conference, Moore County Chief Deputy Sheriff Lane Carter said Tomeny and Phelps were conducting reconnaissance activities unknown to the sheriff's department when Butler pulled them over for a traffic stop.

"We had informed the sheriff's office of the previous combat operations (during the exercise), and it is clear that the sheriff's office knew, in a general sense, of Robin Sage. We did not coordinate with them about the specific reconnaissance activities of these two soldiers the afternoon of Feb. 23 because there was nothing to coordinate," King said. The soldier's mission had not called for involvement by law enforcement personnel.

"What followed was a tragic case of mistaken identity and fatal misunderstanding," King said.

"We accept the conclusion of the district attorney that Deputy Butler acted with the belief that he was in imminent danger and responded according to his training. We also believe that the soldiers were convinced that the police officer was role playing (in the exercise),

and they were acting as part of a legitimate training exercise. We consider this a case of mistaken identity," said King.

When he pulled them over, Butler noticed the soldiers were carrying a bag with a partially disassembled M-4 carbine rifle, said Carter. Tomeny and Phelps were wearing civilian clothes at the time to avoid detection during their mission.

"Our concern, and the focus of an ongoing internal Army investigation, is what elements in our standard operating procedures and administrative instructions to students may have contributed to this accident," said King.

"We have immediately ceased any role playing with law enforcement in the area (and) we have precluded the use of civilian clothes by our students," King said. While the 1st SWTG is taking steps to preclude further confusion, soldiers will continue to train and qualify at Robin Sage until the exercise's scheduled end March 2.

King said the Special Warfare Training Group is attempting to find out how it can better communicate with law enforcement authorities during future Robin Sage exercises. "We are looking into how we can do this better."

Robin Sage differs greatly from conventional Army training exercises, according to King.

"This exercise is unique within the Army - not only in its setup, but in the fact that it has been consistently validated by operational success on the part of Special Forces soldiers around the world, in Afghanistan, Somalia, and countless operations that are never publicized," King said.

BRIEFS

Interesting subjects sought

The Public Affairs office is looking for interesting members of JTF-Bravo for future personality features.

Anyone with an unusual hobby, skill or just plain odd may do. Topic doesn't necessarily have to be duty related. Give Tech Sgt. Guy Volb a call at ext. 4150, or e-mail: guy.volb@jtfb.southcom.mil to discuss an idea. Units involved in newsworthy events are also prime candidates for coverage.

New MWR trip

There's a new MWR trip scheduled in response to customer feedback. It's scheduled for 15-17 to Marcala. There will be horseback riding, a coffee plantation visit, sightseeing and more. The cost is \$180 per person all inclusive. Sign up at MWR, hooch H-401.

Fire evac plans

Currently, most hooches do not have the fire evacuation plan posted anywhere. If there was a massive fire in the living areas would you know where to go? Everyone is required to have the appropriate evacuation plan posted in their living quarters.

1. Print the appropriate Fire Evacuation Plan from the JTF-Bravo Intranet/E-News/Base Matters & Events, for the area that you live in, for example: "Q", "N"

2. Post the plan in a conspicuous place in the hooch, preferably on or near the front door.

3. Understand what it is telling you--it could save your life.

If you have questions, please call Tech. Sgt. Troy Wright at X4343. Be Safe.

Do you need help?

Do you have bugs in your rugs, lights out at 7 p.m. only you want to stay up past 9, or are raindrops falling on your head—inside your hooch?

You need to give the DynCorp Help Desk a call to remedy these issues. DynCorp Help Desk at ext. 4584 is available 24-hours each day to report the ailments of issues concerning plumbing, electrical, pest, and a host of other issues dealing with your hooch or the structures on base.

If you call in a job, record the job order number for following up on the work. Many items are responded to immediately if they are classed as an emergency work order. Many jobs are completed within 24 hours.

If you are not satisfied with the service, contact the base civil engineers at ext. 4143.

Anthrax vaccine announcement expected within month

WASHINGTON, — Defense officials expect to announce within a month what shape the new Anthrax Vaccine Immunization Program will take.

In 1998, the department began an aggressive program to vaccinate all service members against the disease—a potential biological warfare agent. The vaccination program came under public criticism because of some service members' fears about the vaccine's safety.

Critics became more vocal when Defense officials scaled back the program several times due to vaccine shortages. Bioport, the sole manufacturer of the vaccine, worked with the FDA for over three years to gain approval of its renovated facilities as supplies of FDA-released anthrax vaccine dwindled.

Bioport received final FDA approval in January to resume production and distribute more vaccine. Defense Department officials are now looking at how or even whether to continue the previous program of full vaccination of all service members.

"We've undergone a very thorough process over the last several weeks looking at options and have discussed those with people both on the military medical side as well as the non-medical side (and) civilian leadership, and we will soon be making some announcements," Dr. Bill Winkenwerder said.

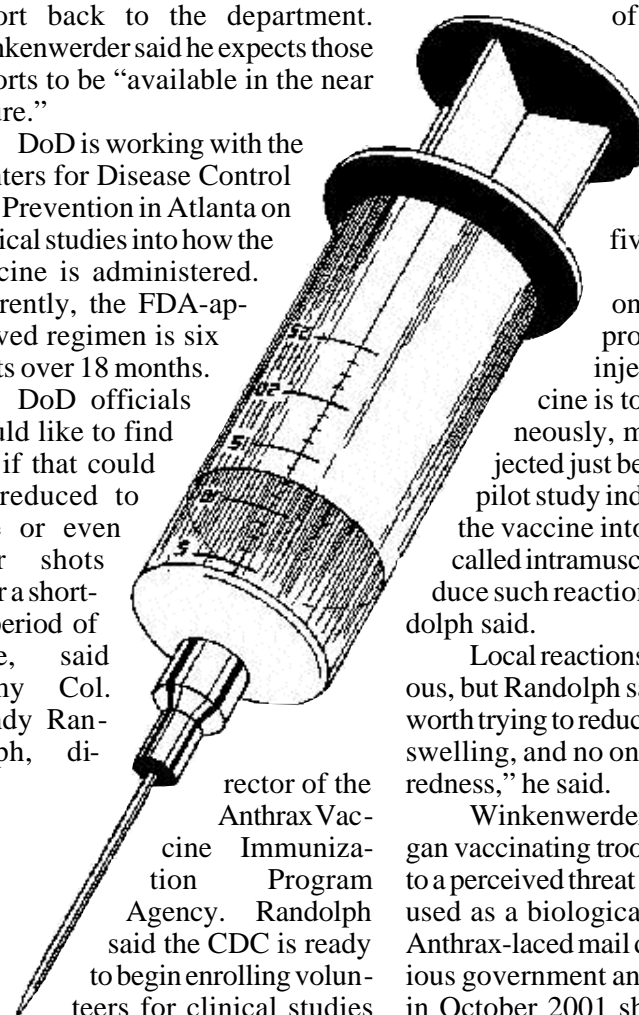
Winkenwerder is the assistant secretary of defense for health affairs. He said he understands the concerns service members have and wants to allay any fears among the troops and the American public.

Military medical officials have asked the Armed Forces Epidemiological Board and the Institute of Medicine to conduct a scientific review of the safety of the vaccine and

report back to the department. Winkenwerder said he expects those reports to be "available in the near future."

DoD is working with the Centers for Disease Control and Prevention in Atlanta on clinical studies into how the vaccine is administered. Currently, the FDA-approved regimen is six shots over 18 months.

DoD officials would like to find out if that could be reduced to five or even four shots over a shorter period of time, said Army Col. Randy Randolph, di-



rector of the Anthrax Vaccine Immunization Program Agency. Randolph said the CDC is ready to begin enrolling volunteers for clinical studies designed to determine if the number of doses can be reduced while maintaining the same level of immunity. Any change will require FDA approval.

The study will also look at the method of administering the vaccine to see if it's possible to reduce the injection-site reactions currently reported. The most common side effect associated with the anthrax vaccine is a localized, minor reaction at the site of injection. Randolph said roughly 30 percent of men and 60 percent of women report minor reactions less than an inch in size.

More serious reactions are rare, he said. Less than one percent

of men and women receiving the vaccine report a local reaction of larger than five inches.

Today the only FDA-approved method of injecting the vaccine is to do so subcutaneously, meaning it is injected just below the skin. A pilot study indicated injecting the vaccine into muscle tissue, called intramuscularly, might reduce such reactions tenfold, Randolph said.

Local reactions are not dangerous, but Randolph said they are still worth trying to reduce. "No one likes swelling, and no one likes pain and redness," he said.

Winkenwerder said DoD began vaccinating troops "in response to a perceived threat of anthrax being used as a biological terror agent." Anthrax-laced mail delivered to various government and media offices in October 2001 show those concerns to have been well-founded.

Whatever form the military vaccination program takes now, Winkenwerder said he is confident this vaccine works and is safe. "Our primary concern is the safety and the health of ... the service men and women and their families," he said. "On the basis of the FDA's review and the basis of very extensive work we've done and others outside of DoD have done to look at the safety and effectiveness (of the anthrax vaccine), we believe—and I personally believe—that this is a safe and effective vaccine."

(Editor's note: Story courtesy of the Department of Defense News)

Health

(Continued from Page 2)

burn all of that fat, salt and sugar out of our bodies. However, what you include in your diet today will determine if you're that 60 year old playing golf and enjoying life or if you're the 60 year old who spends most of their time in hospital waiting rooms. The more wear and tear you put on your body today will make it age faster, break down quick-

er, and make recovery much longer and harder.

Focus now on health promotion and disease prevention. One of the best ways to have gotten a jump-start was the health fair. Why weren't you there? We would like your honest input about ways to make it better and increase attendance. MEDEL is here to conserve the fighting strength of all of our service members, so let us know how we can meet your health needs to keep you healthier longer and engage you in a health promotion lifestyle. Call in to the Commander's Radio Show or e-mail your comments to Maj. Xiomara Fray, the new chief of preventive medicine.

Electrical fire safety

By Tech Sgt. Troy Wright
Soto Cano Fire Department

In recent months, there has been several fire safety incidents on Soto Cano involving electrical equipment.

The Fire Prevention and Safety office would like to pass on some facts, figures and safety tips concerning electrical safety.

Electrical distribution equipment i.e., wiring, switches, outlets, cords and plugs, circuit breaker boxes, lighting fixtures and lamps, was the third leading cause of house fires and the second leading cause of fire deaths in the United States between 1994 to 1998.

Facts & Figures

There were, 38,300 reported home electrical home fires in 1998, resulting in 284 deaths, 1,184 injuries and \$668.8 million in direct property damage.

The statistics below are based on annual averages from 1994-98.

Ground fault or short circuit was the leading cause of electrical distribu-

tion fires.

Fixed wiring caused one-third of home electrical distribution fires.

Cords and plugs caused 17 percent of home electrical distribution fires and of related deaths.

Safety Tips

- Replace loose or frayed cords on all electrical devices.

- Avoid running extension cords across doorways, thru walls, or under carpets.

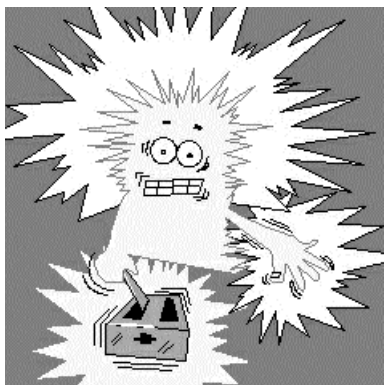
- Follow the manufacturer's instructions for plugging an appliance into a receptacle outlet.

- Avoid overloading outlets. Consider plugging only one high-wattage appliance to each receptacle outlet at a time.

- If outlets or switches feel warm, shut off the circuit and them checked by an electrician.

- Place lamps on level surfaces, away from things that can burn and use bulbs that match the lamp's recommended wattage.

If you have any questions about fire safety, please contact the Fire Prevention office at ext. 6067/6065/ or 6050.



Fire Dawgs move in to new house

By Spc. Jon Christoffersen
Iguana Editor

Two and a half years ago, work started on a new house for Soto Cano's bravest.

Feb. 20 marked the day when the Fire Dawgs of the Soto Cano Fire Department officially moved in to their new house.

Although the house is now being lived in, according to Senior Master Sgt. Terry Baker, fire chief, more work needs to be done before the building is complete.

"It will be another couple of months before the building is totally finished," Baker said. "There are some walls to still be paint-

ed ... we also have some gym equipment and supply equipment to move in."

According to Baker, once the building is complete, and everything is moved in, the department is planning an open house to show off what he calls "the best facility on base."



Photo by Spc. Jon Christoffersen

A new day for a new building. Members of the Soto Cano Fire Department moved in to their new fire station Feb. 20. The building took more than two years to complete.



A night of tradition ...



Photos by 1st Lt. Richard Komurek

Army and Air Force personnel gathered March 1 for the Army Forces Dining In held at the Hotel Santa Maria in Comayagua. A total of 93 personnel enjoyed an evening rich in history, ceremony, camaraderie and humor. Top left, Sgt. Corye Carrington, chaplain assistant, leads the color guard at the beginning of the evening. Top right, 1st Lt. Joseph Ayoub, Headquarters and Support Company, ARFOR, pours sand from his boot into the 'grog', a traditional beverage served at all Army Dining Ins. The sand represents the liberation of

Kuwait during Operation Desert Storm and our continued presence in the Middle East, that preserves peace in the region. The Dining In also featured a guest speaker, Col. Mario Garza, Commander of the U.S. Military Group in Honduras. Garza spoke about the long legacy of U.S. Army involvement in Honduras which began with U.S. Army Air Corps assistance to the Honduran Air Force in the 1930's. Garza also highlighted JTF-Bravo's importance of maintaining stability and providing disaster assistance to the Central American region.